

The Benefits of Lifelong Learning

Being mentally active is a sure-fire way to help your brain stay healthy and alert. Whether it's learning a new language, dusting off your math skills, or immersing yourself in a new culture, the benefits of keeping our minds engaged is just as beneficial to the brain as it is to opening our hearts.

According to the National Institute on Aging, research around these subjects has shown that they each have a positive link to our cognitive health:

- Keeping our physical health in check
- Helps manage high blood pressure
- Eating healthy foods
- Being physically active
- Keeping our minds active
- Staying connected with social activities

- Managing stress
- Reducing risks to cognitive health

Our campus offers opportunities to stay on top of each of these subjects – but our *Lifelong Learning* program directly tends to your mental wellbeing by providing a cooperative educational experience. Enrich your mind with courses and

activities including, but not limited to: Art, Computers, History, Humanities, International Studies, Languages, Music and Performing Arts, Psychology, Social Studies, Recreation, Science, Health, and Math at least one time per week.

Talk to a member of our team today to learn about how you can get started!



Happy Birthday!

Residents

Elizabeth M.	8/04
Maria C.	8/05
Robert A.	8/09
John R.	8/21
Betty S.	8/24
Rosa V.	8/30

Staff

Kimberlee B.	8/02
Heather H.	8/08
Teya K.	8/14
Katey S.	8/16
Kimberlee T.	8/17
Skyla F.	8/28

Family Brunch

August 15th 11:00am

Theme Dinner

August Theme Dinner August
25th 5:00pm

Chef's Corner

Held every Friday's at 2:00pm in
the AL Dining Room.

ACTIVITY HIGHLIGHTS

Please join us for our Stonecroft
Signature Happy Hours. Feel free to
dress up for the themed events!



Executive Director Corner

Welcome back to
the ED Corner!

There's no doubt we're in
August now – with some of
the hottest days of the year
reminding us to stay cool, stay
hydrated, and stay healthy. Talk
to any member of our team
about how you can cool off
with our indoor activities, and
we'll be happy to direct you
towards our many upcoming
events! Speaking of which...

Our latest Theme Week kicks
off this month, with "Beyond
The Sea" lasting from August
21st through August 27th.
Get ready to climb aboard as
we embark upon a campus-
turned-cruise adventure, filled
with 6 straight days of themed
activities, decorations, and of
course, themed meal options.

As always, please don't hesitate
to contact any member of our
Life Enrichment team with
any questions you might have.
We'll make sure you're ready by
the time we call "All Aboard"!

Finally, please join me in
welcoming the many new
faces to our community. You
may have already introduced
yourself to some of our new
residents, but if not, be sure to
greet them with a smile, and
encourage them to participate
in all that we have to offer.
Just by being yourself, you
can go a long way in making
someone feel at home.

Let's have a great month!

Yours in Service,
Dawn Black
Executive Director



More ACTIVITY HIGHLIGHTS



Activities Corner

Welcome our new Life Enrichment Assistants... Emma Gagnon and Kristen Fisher and our new Legacy Lane Director Heather Branaman!

Volunteers Needed

We would love to have family members as Volunteers, if your are interested in this wonderful opportunity, please contact the Life Enrichment Director for more information.





STONECROFT

HEALTH CAMPUS

A Trilogy Senior Living Community

363 S. Fieldstone Blvd.

Bloomington, IN 47403

812-825-0551

stonecrofthc.com |  

Dawn Black
Executive Director

Kim Bailey
HR/Payroll

Stephanie Clephane
Social Work Director

Chelsea Barger
Food Services Director

Karissa Fleetwood
Community Service Representative

Alannah Miller
CSS

Scott Corrie
Business Office Manager

Erika Jackson
Life Enrichment Director

Jennifer Lawson
Environmental Services Director

Krystal Binion
Director of Health Services

Haley Fausett
Assistant Director of Health Services

Heather Branaman
Legacy Lane Coordinator

Kelsey Wintsch
Scheduling Coordinator

Stay in the Loop  

Keep up with latest campus news
and happenings by following
us on your favorite social networks!

*We strive to provide the best customer service
and quality care for our residents. Our
Department Leaders are here
to solve any concerns you may have.
In the event that you need further assistance
with any unresolved concerns,
we encourage you to call or email
our Compliance Hotline: 800-908-8618,
ext. 2800; or comply@trilogyhs.com*

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Monthly Trivia & Activity Corner

All trivia answers will be printed in our upcoming month's newsletter!

Question 1: *At what age does your brain fully form?*

Question 2: *The ocean covers more than ____ percent of the Earth's surface.*

Question 3: *What is a group of lions called?*

Question 4: *True or false:
Paul Revere shouted "The
British Are Coming!"*

Question 5: *What is the
only sport to be played on
the moon?*

*Flip the page for last
month's trivia answers:*

Q1: Where was Independence Day first celebrated? Philadelphia
Q2: What vitamin can you get from sunlight? Vitamin D
Q3: Which planet has the most moons? Jupiter
Q4: What does the wizard give the Tin Man at the end of The Wizard of Oz? A clock
Q5: Which Elvis Presley song was the first to become a Number 1 hit in the U.S. in the 60s? I Forgot To Remember to Forget



Grab some markers, crayons or pencils to show your support for World Honey Bee Day on Saturday, August 20!

Word Search

S	F	W	K	Z	J	Y	H	T	L	A	E	H	G	S	S	W	H	W
G	S	M	R	U	Q	X	U	P	S	W	X	M	C	G	B	W	B	U
C	Q	Y	C	A	L	E	A	R	N	I	N	G	O	U	B	W	Y	X
U	J	S	M	I	V	C	K	X	W	O	S	Y	G	F	D	R	E	R
L	J	S	Z	G	Q	I	K	R	C	P	C	L	N	Y	J	A	N	V
T	C	E	F	L	E	Z	I	Y	C	N	I	L	I	X	C	G	J	D
U	M	R	L	Y	Q	S	P	W	Q	F	D	U	T	T	J	Z	T	E
R	F	T	G	A	B	M	K	G	E	K	D	J	I	Z	I	K	C	R
E	J	S	L	D	C	T	V	L	M	W	E	V	V	A	D	N	I	M
K	L	G	D	G	R	I	O	I	Q	Y	I	S	E	G	E	X	R	L
A	U	M	O	T	T	N	S	Y	Q	T	Y	V	T	I	A	M	I	W
S	U	G	O	M	G	W	W	Y	I	Z	S	Y	R	N	G	K	J	E
W	K	W	F	G	J	V	I	E	H	S	E	E	T	G	M	M	C	N
Y	C	X	V	Z	R	K	S	G	R	P	P	C	X	R	N	V	V	R
E	S	I	C	R	E	X	E	F	D	X	V	Z	J	H	E	G	U	I
X	N	M	H	R	F	M	M	W	E	V	C	D	N	M	M	L	W	C
C	A	P	O	V	U	U	I	I	U	D	C	L	W	X	Z	N	A	H
H	Z	E	A	K	E	L	A	N	O	I	T	A	C	U	D	E	W	H
T	K	G	K	P	N	D	S	Q	T	Y	S	T	T	Z	S	T	M	P

ACTIVITIES
AGING
ALERT
COGNITIVE

CULTURE
EDUCATIONAL
ENRICH
EXERCISE

EXPERIENCE
FOOD
HEALTHY
LEARNING

LIFELONG
MIND
PHYSICAL
STRESS